

The Jewish Vegetarian

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לשנה טובה תכתבו ותחתמו
A Happy, Healthy and Peaceful New Year to all our Readers



לא ירעו ולא-ישחיתו בכל הר-קדשי...

"...They shall not hurt nor destroy in all my holy mountain" (Isaiah)

The Official Journal of the Jewish Vegetarian and Ecological Society Founded by Philip L. Pick. Registered Charity No. 258581 (Affiliated to the International Vegetarian Union)

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JVS MAGAZINE

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WHY A JEWISH VEGETARIAN SOCIETY?

Because of the original food for man is ordered in Genesis 1:29, "Behold I give you every herb-bearing seed and the fruit of every seed-bearing tree for you it shall be for food". Permission to kill and eat animals was only granted as a result of man's evil and was accompanied with a curse (Genesis 9:5).

Because 95% of all flesh foods are from factory farms and produced under conditions which contravene the Torah. Learned authorities have stated that their Kashruth must be considered as suspect.

Because nowhere in the Tenach is there a promise of flesh foods of any kind as a reward for keeping the commandments. The promise is always the gift of produce of the vines, the gardens and the fields.

Because cruelty is indivisible, the Covenant of Peace was applicable to man and all creatures: to participate in the war against creation is incompatible with Judaism. We work for the prophetic era. "When they shall no longer hurt nor destroy".

**Support the International Jewish Vegetarian Movement
- a worldwide fellowship**

**The JVS is an International Movement and
Membership is open to everyone**

Non-vegetarians who are sympathetic to our aims are invited to join as associate members. There are two grades of Membership as follows:

A. Practising Vegetarians, i.e. those who refrain from eating the flesh of animals, fish and fowl.

B. Non-Vegetarians who are in sympathy with the Movement.

Annual Subscription UK	£12	USA \$20
Family Membership UK	£15	USA \$25
Life Membership UK	£175	or 5 yearly payments of £40
Life Membership USA	\$275	or 5 yearly payments of \$60
Family Life Membership UK	£275	or 5 yearly payments of £60
Family Life Membership USA	\$385	or 5 yearly payments of \$80

To the Membership Secretary, 853/855 Finchley Road, London NW11 8LX, England.
Please state whether 'A' or 'B' (above)

Name (in full – clearly)

Tel. No.

Address (clearly)

Occupation

Fee enclosed £

Our membership fees are kept low in order that all can join without hardship. Your support therefore in any of the following ways will be deeply appreciated. Please tick as necessary.

1. I would like to advance the Society's work and enclose a donation of £
2. I would like to 'Covenant' my subscription by about 30%. Please send me a form (UK only).
3. I would like to help secure the future of the Movement by a legacy (large or small).
Please send me details of the necessary wording.
4. I would like to help in one of the many aspects of the Society's work. Please send me details.

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TURNING WORDS INTO DEEDS

FREEHOLD PREMISES

THE JERUSALEM CENTRE

Donations gratefully received towards repayment of the loan on the freehold premises.

DONATIONS RECEIVED

We wish to thank all those who send in donations towards the Society's funds. Although items £3 and under are not listed to save expenses, all are appreciated and put to good use.

£15 Mr. M.Q-H. Lowestoft, Suffolk. £8 Mr. H.G. St. Ives, Cornwall.
£8 Mr. M.L. Ilford, Essex. £5 Mr. R.F. London NW7.

BUILDING FUND DONATION – LONDON HQ.

£10 R. & P.G. Poole, Dorset.

FRIENDSHIP HOUSE



The JVS 'House Parents' home for deprived and homeless children is in the care of 'Orr Shalom' (Vegetarian) villages for children and is situated at Beit Nekofa. POB 80.

DN Safon Yehuda 90830 Tel: (972) 2 5337059 ext 112. Visitors are always welcome.

A phone call or letter is always advisable to ensure that a member of the friendly staff will be there to welcome you.

DONATIONS RECEIVED:

£15 The R. Family, London W5. £10 R. & P.G. Poole, Dorset.
\$20 M & L LeV. AZ. USA.

SOCIETY NEWS

The following article appeared in the
Manchester Jewish Telegraph

ISRAEL BANS ANIMAL CRUELTY IN BEAUTY INDUSTRY TESTING

SHAMPOO AND EYE SHADOW WILL NO LONGER INVOLVE ANY SUFFERING

Israel has now banned all animal testing for cosmetics and household cleaning products. The Knesset has introduced a bill making Israel a cruelty-free cosmetics zone.

Currently up to 3,000 animals are used in cosmetics/household product tests in Israel. The move to eradicate animal suffering in the beauty industry was welcomed by a leading non-animal research charity – the Dr. Hadwen Trust for Humane Research.

The trust's Wendy Higgins said: "Causing animals to suffer for vanity products like shampoo or eye shadow is particularly unethical. Israel should be applauded for listening to consumers and taking seriously the plight of animals in laboratories. Nearly 200 million animals suffer and die in laboratories around the world each year."

She added: "The cosmetics and household products industry is only responsible for a proportion of that, but taking a stand to ban the sale of these products if they have caused animal suffering is a truly compassionate act. Israel, just like the European Union, is on the way to becoming a cruelty-free cosmetics zone. We sincerely hope that the rest of the world will follow their example so that animal testing in the cosmetics industry is squeezed out once and for all."

Knesset member Gideon Sa'ar (Likud), who proposed the law, said: "The Knesset has set an important ideological norm pertaining to the relationship between society and animals. The prohibition of animal testing for cosmetic products will avoid unnecessary suffering in an era in which exist reliable alternative scientific methods that do not involve unnecessary and violent injury to animals. The State of Israel has now aligned itself with member states of the European Union, which previously decided to prohibit this kind of testing in the European cosmetics industry."

“WANCHANCE”

No. 44 “WANCHANCE” (WHAT CAN POSSIBLE GO WRONG?)

By Derrick Cohen

Consider what this word is! Did I hear you say “What the devil is that?” Well **Wanchance** is one of those obscure words that cropped up in the TV programme “Call My Bluff” and was defined as meaning “ill happenings – mishaps – disasters and unaccountable proceedings.” It is not listed in most standard dictionaries but is to be found on the pages of the more sophisticated volumes of reference dictionaries in the public libraries with all other words that we have never heard of! It may have been used in ancient times meaning “Bye Chance” “Wan” corresponding to “By”, suggesting that things happen at random. It is certainly not in use at present times.

Each of us I am sure have encountered examples of mishaps and things that can go wrong, in fact some people are known to be walking disasters, they are so accident prone, the pattern of their lives tending to be one continuous foul up. Could they be said to be held in the vice-like-grip of the word “**Wanchance**” or are the everlasting happenings just one of those things to be shrugged off whenever they occur? It certainly must be very nerve wracking for those who are constantly subjected to bouts of unusual incidents and I am sure that many have a feeling of uneasiness the way life deals her hand in such fashion.

The following is a story reported in the tabloid press of a couple who experienced bizarre and unfortunate mishaps whilst preparing for their wedding.

Seven Year Hitch (string of disasters hit Shirley’s big day)

Newly wed Shirley Banks won’t forget her wedding in a hurry. It was hit with seven disasters. Pretty Shirley age 25 and groom Stuart found that their dream church was soon to be demolished, the photographer did a bunk with the cash and their DJ broke his leg. Shirley was also reduced to tears when her wedding dress was made too short, and then her honeymoon had to be cancelled due to unforeseen circumstances, to top off the vicar got the time wrong and the cake collapsed on the floor at the wedding reception. Computer Programmer Stuart said “We cannot believe that all these things have stood in the way of us getting married”. So there we have an illustration of unusual occurrences, truth is certainly stranger than fiction. Bizarre things are constantly happening and insurance companies do good business with cover against almost anything. What then is this uncanny power that can do

“WANCHANCE”

so much to dominate some people's lives that they may end up as nervous wrecks, wondering whatever can happen next. The Muslims believe this to be an act of "Karma" and their religion preaches that it is "Your Karma" or "Spiritual Life Pattern" that dictates to you all the time. In Judaism it is your "Mazal" that predestined the path that controls your life, and there is a reason for all happenings, thus every individual has his own task in the battle of life.

Every person's predicament is therefore his challenge, mankind's personal circumstances are determined by "Hashem" in order to provide this challenge. Children, length of life, health, wealth and economic welfare all depend on "Mazal". The Anglo Saxons call it the "Grace of our Lord" and surround themselves with horseshoes and good luck charms in order to placate their Saviour. Even primitive tribes would try all sorts of potions to ward off evil influences, and also resorted to the use of witch doctors to exercise those evil spirits. Astrologers believe that your destiny is in the hands of the stars and planets and go to great effort to explain one's life throughout the position of the Galaxies. Others may resort to the use of fortune tellers and mediums to give them answers.

One thing is for sure, however we look at things it is virtually impossible to explain why this "**Wanchance**" and its meaning can exercise such a vicious power. Maybe people bring calamities upon themselves by being careless, thoughtless or carefree. Sometimes calamities take place because we do not pay proper attention and act irresponsibly, then we blame it on to fate.

Chance happenings can strike at unusual times and circumstances during last Pesach our precious Passover kettle of some 38 years standing suddenly burnt itself out, it had only been used for 37 weeks, so was just like brand new and in some ways was still under the full years warranty! Was it an uncanny episode? Or did we forget to fill it up? I am really not sure! All I can say to those of you who come into any category that is under the banner of "**Wanchance**" and think you can overcome your "Mazal" or "Karma" you have "No Chance"! Just like the mother fish when asked by the baby fish the meaning of "Pan Fish" replied "That is your fishy fate "Your Destiny". As for me I am sorry I ever got mixed up with this "**Wanchance**" word, it is nice to be knowledgeable and learn different things but having discovered the power and devastation that this word "**Wanchance**" and its associates can exert, and thinking about those poor unfortunate souls who have to suffer the consequences of its drastic results has made me a trifle depressed! So pass me the tranquilisers!

“WANCHANCE”

News Flash “Stop Press News! **Wanchance** Stikes Again” As reported in the newspapers!

Troubles and Strife (delays accidents and burglars hit honeymoon pair!)

Fed up John and Paula Williams have declared themselves Britain’s unluckiest honeymooners after a string of disasters. The pair who wed after nine years together had planned a romantic week ski-ing in the Alps, but trouble started when their taxi to the airport failed to turn up. They arrived late at Gatwick to find the pilot on the plane to Toulouse had gone sick delaying the flight for a further two hours. At Toulouse the airport was closed due to a bomb scare. Then the first coach to their resort at Arinal broke down and its replacement had a minor crash causing more delays. Alas after three days John fell and fractured his shoulder meaning that he was unable to ski. Finally the couple got a phone call from a neighbour saying that their home has been burgled and their car broken into. But they did have one bit of luck, they escaped a tummy bug that swept throughout the resort!

“Wanchance! Karma! Mazal. Are we really in full control? Maybe we should resort to Prayer!



WESSEX JEWISH VEGETARIAN GROUP

Dear Readers

We welcome those interested living in our area to join the ‘Wessex Jewish Vegetarian Group’, affiliated to The Jewish Vegetarian Society. Headquarters in Golders Green. London NW11 8LX

We meet four times a year – Spring – Summer – Autumn and Winter for socials, picnics, walks, talks and exchange of recipes.

We invite all ages to join us. If you are interested, telephone:

Rosalind Berzon – 07715 419 193

Leaving your name and telephone number.

Looking forward to meeting friends we have yet to meet!

DIABETES AND THE VEGETARIAN DIET

DIABETES AND THE VEGETARIAN DIET

By David A. Fairclough
Nutritional and Holistic Therapist

The use of diet in the control and treatment of virtually any disease is central to the improvement or cure of the disease or condition. Diabetes, a growing epidemic in the western world is a prime example of how the food we eat, and how we eat it, can make a dramatic difference.

Vegetarians have about half the risk of developing 'type 2' diabetes in comparison to someone on a typical western diet. More importantly, if the vegetarian diet is structured to preventing or controlling diabetes, it is even more effective. Possibly the most effective diet is a well planned vegan one.

Vegans naturally lose excess weight, obesity is a major factor in the development of diabetes. Fat deposits inside lean muscle cell tissue seem to increase resistance to insulin, a low fat vegetarian or vegan diet seems to reverse this and improve insulin sensitivity.

This, in combination with a diet rich in a wide variety of plant foods, low in fat, slow digesting grains that may improve glucose tolerance and insulin sensitivity, all contribute to being fully in control.

The high fibre content of the meat free diet is also vital, this means less insulin is needed, blood fats are lowered, and blood sugar levels are held more stable.

Although we cannot as yet use the word 'cured' the condition can certainly be reversed, and reversed to the point where 'type 2' medication can be dispensed with and all symptoms of the condition removed.

It is vital that a doctor or other relevant medical specialist authorises the stopping of any medication or other forms of treatment.

Some links have been made between milk and a trigger to diabetes. This, though, is not proven, and if there was any possibility of link it would in all probability only affect a small percentage of venerable individuals. We do though have the ability to substitute some or all animal milks with Soya and other plant based ones.

DIABETES AND THE VEGETARIAN DIET

It is now recognised by the broad medical profession that a well planned meat free diet is as close to the ideal for the treatment and control of the condition. This has been borne out by a number of controlled studies and the 'in depth' analysis of vegetarian groups and communities.

It is a fact that those who consume less flesh have less, sometime close to zero diabetes, while those with high flesh food and high calorie intake have a major problem. Almost every sumo wrestler has diabetes.

The ongoing Epic study started in 1993 and involves 500,000 people in ten European countries. The results speak for themselves, not just with diabetes, low rates of a number of cancers, low cholesterol etc, check it out for yourself at www.iarc.fr/epic. The study is for cancer but shows the wider benefits for health to those who read it through.

It is of course not just the food we eat, but how we eat it, that is also important. The diabetic should not go hungry, eating a little and often to keep blood sugars without spikes relatively level. This method of eating is often called grazing and is employed as part of the nutritional programme for a number of conditions. Sports nutritionists also employ it for sustained energy in competition and training.

Exercise is also vital in so many ways. One important area is that it allows the sugar to enter the body's cells without as much insulin, possibly even no insulin.

Eating should not be rushed but relaxed and if possible in good company. Water should also accompany a meal, but try to avoid other drinks at meal times.

Meat may also possess various triggers, as yet not fully understood that can set off diabetes. The avoidance of meat over a prolonged period of time may be another reason that non-meat eaters are less prone to the condition.

It is true that diabetes runs in families and the hereditary factor is present. That said, it is still possible to avoid it, even if there are people with diabetes in the family. You may have a predisposition to the condition, but by following a well planned low fat vegetarian/vegan diet, taking regular exercise, and making healthy lifestyle choices you may well avoid it, or at least delay the onset of the condition for many years.

DIABETES AND THE VEGETARIAN DIET

All plant foods, whole grains etc. are of benefit, but a few may offer that little extra. Brown rice, onions, garlic, spinach, oats, bran (a little) beans (all types) nuts, especially almonds and adzuki, soya and all soya derived foods, barley, legumes.

Care should be taken with regards to hidden sugars. For example fruit juices (if taken dilute with water 50/50) and not taken too often, honey, dried fruit, e.g. figs, currents etc., grapes, parsnip etc.

Some of these foods are fine, but care should be taken. Alcohol also is fine in moderations unless your doctor advises not to.

A useful resource is the Jewish Diabetic Association. www.jewishdiabetes.org Should you have any success with improving your diabetes, or know of anyone who has improved theirs, please let them know. It is a small contribution to the aid of others present and future.



NOTICE

WE ARE DESPERATELY SEEKING CONTRIBUTIONS/ARTICLES ETC. FOR INCLUSION IN THE JEWISH VEGETARIAN. UNFORTUNATELY WE ARE UNABLE TO PAY FOR SUCH ARTICLES, BUT WILL, OF COURSE, GIVE CREDIT TO THE SOURCE. PLEASE CAN YOU HELP US. ALL MATERIAL MUST BE RECEIVED AT THE OFFICE 5-6 WEEKS BEFORE PUBLICATION DATE.

BEQUEST TO THE SOCIETY

Ensures its Future Activities.

Forms are available on request from
the Society's Honorary Solicitors Communications
to Headquarters "Bet Teva", 855 Finchley Road

London NW11 8LX.

Tel: 020 8455 0692

CHILDREN'S CORNER

KIRSTY'S DIARY HIGHLIGHTS DAY-TO-DAY RISKS OF NUT ALLERGY

A week-long diary kept by a Yorkshire teenager has highlighted the challenges faced in everyday life by young people suffering from nut allergy

Seventeen year old Kirsty Russell from Harrogate decided to keep the diary during National Allergy Week to provide an insight into what life is like trying to constantly avoid eating anything that may contain a trace of nut. She discusses the difficulties caused by shopping for food and cosmetics, kissing boys, school trips, holidays and eating out, amongst just some of the situations that could cause a serious risk.

Amongst her diary entries (published online at www.itsnutfree.com), Kirsty expresses concerns about eating out safely, both in the UK and on holiday overseas and how this can often lead to a very restricted choice of food. Currently studying for A'levels, Kirsty also raises the issue of how she will cope when living away from home if she goes to university and has to start cooking and preparing all her meals herself.

Labelling on food packaging is an area that can cause confusion for nut allergy sufferers and those catering for them. Many manufacturers and retailers use "may contain" warnings in order to indicate the possible presence of unintentional contamination by allergens which could cause a reaction. However, concerns have been raised about the prevalence of these warnings which if used inappropriately can unnecessarily restrict consumer choice as well as possibly undermine genuine warnings.

Kirsty was diagnosed with a severe nut allergy aged two, and is also allergic to soya.

Current research indicates the instance of food allergy is growing every year, with around 1 in 50 children thought to be affected. Kirsty's reaction is particularly severe and she has to be on her guard at all times – not only with food, but with cosmetic products as well which sometimes use soya as an ingredient.

Commenting on not having time to check ingredients on cosmetics in a trip to the shops during her diary week, Kirsty wrote: "Usually I have to check everything carefully which takes time. I didn't use to do this but last year I went into anaphylactic shock after using a lip balm with soya oil in it, so now

CHILDREN'S CORNER

I don't take risks anymore. It's a pain, but I'd rather take more time checking ingredients than lose my life because I can't be bothered."

She added: "I think the diary will help people to see how challenging it can be to live with a condition like this on a daily basis. As I get older and more independent I have to make decisions for myself which can be difficult, but I know I just have to take time to check everything carefully and not be tempted to take unnecessary risks."

Angela Russell, Kirsty's mum, set up her business, It's Nut Free, in 2002 to cater for allergy sufferers like her daughter to ensure they had a safe supply of snacks which could be guaranteed nut free.



DATELINES

Brief details of all local events will be included if they are received in good time. Details should be received 6 weeks before publication. The Magazine is due out on 1st December, March, June and September. Write to us.

THE SPITALFIELDS SHOW AND GREEN FAIR

SUNDAY 16 SEPTEMBER 2007 12noon – 5.00pm
Allen Gardens & Spitalfields City Farm. Buxton Street, E1

ADMISSION FREE

The Spitalfields Green Fair welcomes all kinds of stalls. There will be a healthy living area with nutritional advice and alternative therapies, info on recycling, composting & growing your own food, biodiversity and sustainability workshops, activities on Spitalfields City Farm, a market selling arts & crafts, food & drink with an emphasis on Fair Trade goods, info on climate change, emissions reduction energy conservation and renewable energy for greener homes and a cycling arena.

There is also a special children's section as well as flower arranging, herbs, pot plants, preserves, cookery, fruit, vegetables and handicrafts.

**WHY NOT HAVE AN ENJOYABLE AFTERNOON OUT
AND COME ALONG TO THE ANNUAL
HORTICULTURAL SHOW AND GREEN FAIR**

NEWS FROM NEAR AND FAR

The following article first appeared in the Australian New Vegetarian and Natural Health Magazine.

EIGHT TIPS FOR BUYING VITAMIN PILLS

A new study reveals that many brands of vitamins may be ineffective or unsafe. To help consumers, a top expert on vitamin therapy offers tips on how to buy better, safer vitamins.

According to a new report by ConsumerLab.com, 11 out of 21 brands of vitamins tested did not meet quality standards – which means they contained too much or too little of a vitamin, and could not be absorbed by the body or, worse, contained toxic ingredients such as lead.

“When it comes to vitamins, you get what you pay for,” says Simon Astor, DOM of Aventura, Florida, USA, an expert on vitamin therapy and wholistic medicine. “It is important for consumers to be very scrupulous. This means buying only reputable brands, talking to a practitioner or nutritionist and reading the label thoroughly before each purchase.”

For consumers who purchase supplements over the counter, Dr. Astor offers the following eight tips to buying safer pills:

- 1. Choose a reputable brand.** It is better to buy vitamins from a well-known brand than a cheaper unknown. Questions to consider are: How long has the manufacturer been in business? Are its products widely available? Does it have a large range?
- 2. Standardised ingredients.** Check the label to make sure it cites “standardised” active ingredients (for example, vitamins, enzymes or herbs), instead of just listing the whole amounts of vegetable or fruit products, which can vary in nutritional quality.
- 3. Certification.** Are the vitamins certified to be of high quality? If so, the label will show a logo of “GMP certified” (Good Manufacturing Practice) or “ISO 9000,” an international standard of quality.
- 4. Ask a practitioner.** The best way to buy safe is to first check with a naturopath, wholistic doctor or nutritionist. They can help consumers find the vitamins – and the brands – that are best for them.
- 5. Price is a clue.** Cheaper is not necessarily better. The difference between a \$30 bottle and a \$3 bottle is not just the price – it can also be the

NEWS FROM NEAR AND FAR

quality. If the price on the bottle seems too good to be true, it probably is – the company may have cut corners to produce it.

- 6. Country of origin.** Is the vitamin manufactured in China or the US or Australia? Certain countries like China do not require vitamin manufacturers to meet high standards. Before swallowing that pill, check where it was made.
- 7. Expiration date.** Always check the expiration/use-by date before buying vitamins or other supplements. If an expiration date is not shown, do not buy it.
- 8. Call the company.** If consumers have any questions or concerns, they should always call the company directly. Ask them to provide a “third party assay” – this independently verifies the vitamins’ quality. If a company cannot provide this, it may be unsafe to use.



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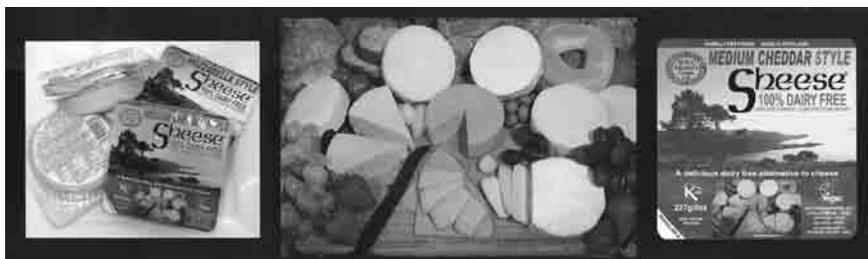
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HON ACCOUNTANTS TO THE INTERNATIONAL JEWISH VEGETARIAN SOCIETY

New IJVS E-mail Address
jewishvegetarian@onetel.com

CONSUMER CORNER



100% VEGAN SHEESE- 100% DAIRY FREE.

Bute Island Foods proudly presents a brand new mouth watering range of **Sheese** which is not only 100% vegan but has a Kosher Certificate from the Court of the Chief Rabbi Beth Din, London.

Sheese comes in 9 flavours which includes Medium Cheddar Style, Edam Style, Blue Style, Gouda Style and Cheshire style just to name a few. So now you don't have to miss out on any of your old favourites as well as being assured that no animals have suffered to satisfy your taste buds.

Also available is their new range of Creamy **Sheese** in Garlic and Herb, Chives, Mexican Style, Cheddar Style and original. All products are Egg and Dairy Free – Lactose Free – Gluten Free – Cholesterol Free and Free from Hydrogenated Fat. Serve as a dip for crisps, tortillas, celery etc.

Available from all good Supermarkets as well as Delicatessens. If it is not available in your area, telephone direct to Bute Island Foods on 01700-505357 or email: foods@buteisland.com who I am sure, will be only too happy to help you.

SO GOOD FAT FREE SOYA MILK

- and only 4% of your daily calorie count in one glass.

For the first time there is a soya milk containing the ultimate health and beauty benefits, offered by no other soya or dairy milk. There is no fat, lactose or cholesterol, it is lower in calories, it provides skin-enhancing nutrients and there is no compromise on taste or texture. In fact, now **SO GOOD fat free** is the only soya milk with more nutritional benefits in one glass than skimmed milk.

With recent reports revealing that, in the last 12 years, obesity levels have continued to rise by 8% among women aged 16 and over, the demand for healthier food options has increased. **SO GOOD fat free** is a beverage that can help manage weight without having to make any big changes. In fact, in one month, by simply switching from skimmed milk to **SO GOOD**

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fat free over 337.5 calories and 22.5g of fat could be saved.

For example, the inclusion of **Vitamin A** (17% RDA in **SO GOOD fat free** 250ml serving vs 0% in skimmed milk) will help the growth & development of your sight, hair, skin, nails, bones and teeth. And, if you are looking for a healthy glow, then the inclusion of **Vitamin C** (17% RDA in **SO GOOD fat free** 250ml – four times more than skimmed milk) will help to maintain healthy skin.

SO GOOD fat free is available for £1. 39 in 1 litre chilled and UHT Tetrapack cartons which you can find in the chiller cabinets and ambient aisles at Waitrose.

AWARD-WINNING REDWOOD SPICES UP THE DELICIOUS MEAT-FREE RANGE WITH SPICY CHEATIN' CHORIZO.

A tantalisingly spicy meat-free version of the highly flavoured Spanish cured sausage chorizo is the latest deliciously different vegan treat to be unveiled by ethical producers Redwood, famed for their award-winning natural plant based foods.



Also making their debut are Redwood's nutritious and wholesome new **Beanfeast pate**, a summery **Greek-style dairy-free 'cheese'** and a quick and easy **instant vegan gravy powder**, bringing the

total number of delicious animal free foods now produced by Redwood to nearly 50.

Sensational for spicing up tapas, paella, pasta, pizzas and risotto, new **Cheatin' Chorizo** is based on a traditional Spanish recipe, yet is totally free from animal ingredients. Delicious with cannelloni beans and coriander for a quick supper dish, it is wonderful too with cold tortilla and a glass of red wine – the perfect accompaniment to a siesta.

Packed with delicious, natural goodness, Redwood's new **Beanfeast Paté**

CONSUMER CORNER

is a tasty blend of eleven different beans and seeds, including black turtle beans, which have a dense, meaty texture and 'mushroomy' flavour, and are said to be a very good source of nutritional antioxidants. Delicious with Melba toast or crusty bread, **Beanfeast Paté** is full of fibre, protein and vitamins as well as being nutritious, wholesome and containing omega-3 and 6.

Perfect for picnics and alfresco lunches is Redwood's new **Greek-style dairy-free 'cheese'**.

Wonderful with rocket and peas or with cherry tomatoes and grilled flatbread for a light lunch, it is brilliant too with basil and tomato in a 'Feta' bruschetta.

As well as being totally free from animal ingredients, all Redwood foods are free from lactose, cholesterol, hydrogenated fats, artificial colours/preservatives and GMOs, making them suitable for vegetarians, vegans and people with special dietary needs, such as those suffering from lactose intolerance.

Redwood's new range is available in good health food stores or from Redwood's online shop www.redwoodfoods.co.uk

PUKKA LAUNCHES A DELICIOUS ORGANIC GHEE - the perfect alternative to butter and for healthy cooking -

Pukka Herbs has extended its range of 100% organic Ayurvedic healthy oils with the introduction of ghee, better known in the West as clarified butter. Ghee contains a balance of easy-to-digest essential fatty acids (EFAs), which promotes healthy skin, nerves and cells.

Ghee is made from freshly churned butter after the water and milk solids have been removed through heating. Hence it is also called clarified butter, as it is a golden and translucent liquid excellent for cooking and nourishing the body and mind. In keeping with Pukka's principles, its new organic ghee is produced from small dairy herds living in pristine Alpine pastures.

Ghee's chemistry holds the secret to its health benefits. Humans need both saturated and unsaturated fats as part of a healthy diet. Ghee is made from a combination of saturated and unsaturated fats. It is about 65% saturated fat and 25% monounsaturated fat with about 5% polyunsaturated fat content. Its saturated fat is primarily (89%) made from the easy-to-digest short chain fatty acids and it contains 3% linoleic acid, which has anti-oxidant properties. It also contains the fat-soluble vitamins A.D.E and K.

CONSUMER CORNER

It is an excellent oil with which to cook, because ghee has a high 'smoke point' (485oF or 252oC) which means it does not produce damaging free radicals. As it has a very low oxidation rate ghee stays fresh even if unrefrigerated for a long time. Another benefit of using ghee is that the heating procedure removes the lactose content making it suitable for those with lactose intolerance. Ghee can be used in exactly the same way as butter: for frying, added directly into boiled rice, on toast as a spread or melted onto vegetables.

All Pukka Herbs' products are free from artificial flavouring, preservatives, sugar and sweeteners and come in 300g jars at £7.45. Like all Pukka Herbs' products, it is available in independent health food shops throughout the UK, including branches of Fresh & Wild and Planet Organics, or via its website, www.pukkaherbs.com.

THE RIGHT FAT DIET

Eat fat, lose weight with Udo's Choice

It is hard to separate the healthy eating facts from healthy eating fiction. The truth is fats do not make us fat, and over a long period of time a low fat diet can actually lead to health problems. What we really need is a **Right Fat Diet**, which lowers fat production, increases fat burning and keeps the body in optimum healthy condition. Dr Udo Erasmus, creator of **Udo's Choice Ultimate Oil Blend** and founder of The Right Fat Diet, has dedicated more than 20 years to understanding omega oils.

Essential Fats, Healthy Fats

Omega 3 and Omega 6 are essential fatty acids (EFAs), in other words they are essential for the body's health and essential for human life. The body cannot produce EFAs, just like the body cannot produce minerals, vitamins and essential amino acids (proteins). We require Omega 3 and Omega 6 for the normal functioning of every cell, tissue, gland and organ in our body. **Udo's Choice Ultimate Oil Blend** (£16.43, 500ml/£8.95, 250ml) is a certified organic blend of Omega 3 and 6 essential fatty acids derived from flax seed, sunflower and sesame seed oils. It is a healthier option than the more widely used fish oils as it is derived from a plant source and is therefore ideal for vegetarians, vegans and those concerned with the ethical and toxin issues surrounding fish farming.

CONSUMER CORNER

Eat Fat, Lose Weight

Essential fatty acids play a major role in the body's ability to burn fat and suppress appetite. How this is done is through several different ways:

- ➔ Unlike carbohydrates, fats keep blood sugar and insulin levels stable, and prevent the high/low blood sugar cycle
- ➔ Essential fats improve thyroid function and normalise metabolic rate and energy levels, provided enough iodine is present in the diet
- ➔ Omega 3 essential fats decrease inflammation and water retention in tissues (which is a large part of being overweight) and speed the removal of water held in tissues by means of the kidneys
- ➔ Omega 3 essential fats increase energy production, making it more likely that a person will be physically active. This, in turn, leads to more calories being burned, and increased muscle mass as a result of increased physical activity
- ➔ Omega 3 essential fats elevate mood and lift depression. This means that depressed people will be less likely to emotionally eat and will be more likely to be physically active.

Yinka Thomas BA MSc RNutr., Nutritionist & Wellbeing Therapist, explains "essential fats – Omega 3 and Omega 6 essential fats, are good fats that haven't been damaged by high heat, refining, and processing. Research shows that omega-3 fatty acids can help lower cholesterol, regulate heartbeat and thin the blood, thereby, lessening the risk of heart disease. Research by Harvard Medical School also suggests that the omega-3 group may help treat depression, and other studies suggest that derivatives of omega-3 - DHA and EPA, may benefit mood, memory, concentration and behaviour."

The Right Fat Diet

The Right Fat Diet advocated by Dr Udo Erasmus, Nutritional Expert specialising in omega oils, is a simple healthy eating plan that recommends an increased intake of protein, green vegetables and essential fats omega 3 and 6, alongside a reduced consumption of carbohydrates, white foods (i.e. sugar, rice, and bread) and burned foods.

The most important food group is green vegetables as they are the nutrient-richest and calorie-poorest foods such as spinach, broccoli and bok choi. The second most important food group is good fats, i.e. essential fatty acids omega 3 and 6, which the body needs but cannot produce itself. A good source of EFAs omegas 3, 6 and 9 in the perfect ratio of 2:1:1 is **Udo's Choice Ultimate Oil Blend**. Simply add one tablespoon per 50 pounds

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of body weight of this nutritious oil to food on a daily basis as a salad dressing, on vegetables, in smoothies/fruit juice or even porridge! Finally, carbohydrates are the least important food group of all the major foods as they are non-essential i.e. they do not supply any nutrients that we cannot get from other foods.

LEMON-THYME VINAIGRETTE (serves four)

125ml Udo's Choice	1 tsp Dijon mustard
60ml lemon Juice	vegetable salt to taste
1 tsp apple cider vinegar	25ml shallot
1 tbsp chives	1 tsp fresh thyme
1 tbsp red/yellow bell pepper, finely diced	

Udo's Choice must be refrigerated at all times and consumed within 8 weeks. Available from all good health food stores, including Fresh & Wild, Nutricentre and Planet Organic or call 08452 609996.

For more technical information Visit www.savant-health.com

THE CAMPAIGN FOR REAL JEWISH FOOD - NOW ON SUNDAYS



Meal times need help! Are you seeking to release your taste buds, free yourself from the monotony of boring recipes or just escape the washing up for a few hours? **Then join the Campaign For Jewish Food.**

Founded by Denise Phillips, the noted cookery writer, she will teach you new skills, new recipes and new ways with food. Modern Jewish Cookery at its best.

NEW courses now available on Sunday nights for those that can't get days off!

Thurs 6 th	Sept Yom Tov Favourites
Sun 7 th	Oct Italian Vegetarian Classics
Weds 10 th	Oct Italian Vegetarian Classics
Thurs 11 th	Oct Italian Vegetarian Classics
Weds 14 th	Nov Winter Family Cooking
Thurs 15 th	Nov Winter Family Cooking
Sun 18 th	Nov Winter Family Cooking
Weds 5 th	Dec Party Entertaining
Thurs 6 th	Dec Party Entertaining
Sun 16 th	Dec Party Entertaining

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GO VEGAN TO HELP CLIMATE

The following article was printed in 'THE DAILY TELEGRAPH' newspaper and we thought it would be of interest to our readers.

GO VEGAN TO HELP CLIMATE, SAYS GOVERNMENT AGENCY.

It would help tackle the problem of climate change if people ate less meat, according to a Government agency.

A leaked email to a vegetarian campaign group from an Environment Agency official expresses sympathy with the environmental benefits of a vegan diet, which bans dairy products and fish. The agency also says the Department for the Environment, Food and Rural Affairs (Defra) is considering recommending eating less meat at one of the "key environmental behaviour changes" needed to save the planet. It says that this change would have to be introduced "gently" because of "the risk of alienating the public".

David Miliband, the Environment Secretary, has raised the issue that farm animals are blamed for producing large amounts of the powerful greenhouse gas, methane, and told farmers they need to do something about it but the agency's response appears to go further than official advice. It has provoked an immediate response from the National Farmers' Union which said the suggestion was "simplistic" and "a cause of concern".

The agency's official was responding to an email from the vegan group Viva! , which argues that it is more efficient to use land to grow crops for direct consumption by humans rather than feeding them to dairy cows or livestock raised for meat.

The campaign group entered a comment on the Environment Agency's website saying "Adopting a vegan diet reduces one person's impact on the environment even more than giving up their car or forgoing several plane trips a year! Why aren't you promoting this message as part of your (World Environment Day) campaign?" An agency official replied: "Whilst potential benefit of a vegan diet in terms of climate impact could be very significant, encouraging the public to take a lifestyle decision as substantial as becoming vegan would be a request few are likely to take up.

"You will be interested to hear that the Department of Environment, Food and Rural Affairs is working on a set of key environmental behaviour changes to mitigate climate change. Consumption of animal protein has been highlighted

GO VEGAN TO HELP CLIMATE

within that work. As a result the issue may start to figure in climate change communications in the future. It will be a case of introducing this gently as there is a risk of alienating the public majority.

"Future Environment Agency communications are unlikely to ever suggest adopting a fully vegan lifestyle, but certainly encouraging people to examine their consumption of animal protein could be a key message."

Juliet Gellatley, Director of Viva!, said "I think it is extraordinary that a Government agency thinks becoming a vegetarian or vegan could have such a positive impact for the environment yet is not prepared to stand up and argue the case".

A Defra spokesman said: "The Government is not telling people to give up meat, it isn't the role of Government to enforce a dietary or lifestyle change on any individual."

TELEGRAPH EARTH – How you can help to save the planet – telegraph.co.uk/earth



EMERGENCY BUILDING FUND

The Society's Headquarters in London are in urgent need of repair and renovation. It has been estimated that we will need in the region of £50,000. Therefore we will need your help. An Emergency Building Fund has been set up for donations. **Please Help. Any donations, large or small will be much appreciated.**

We have a number of Badges and Rubber Stamps with the



sign – available at £1 for the pair, which includes postage.

Contact the office regarding payment.

COOKERY CORNER



Denise Phillips

DELICIOUS ROSH HASHANAH RECIPES FROM DENISE

BABY GEM SQUASH STUFFED WITH WILD RICE, HAZELNUTS AND CRANBERRIES

At the festival of Succot arrives, the selection of different types of squash are at their best; baby gem, acorn, onion, butternut, pumpkin are the most popular. The baby gem squash make excellent baskets to stuff. I have filled

these with wild and white rice mixed with dried cranberries, onions and toasted hazelnuts. As they can be prepared in advance and just reheated, they are ideal for Yom Tov or as part of the Succot buffet. The same filling can be alternatively used with aubergines, large tomatoes or marrow. This recipe is both vegetarian and wheat free.

Preparation Time: 15 minutes

Cooking Time: 1 hour 10 minutes

Serves: 8 people

Ingredients

175g /1 cup wild rice – (about 6 ounces); 175g/1 cup white rice; 4 small baby gem squash – (each about 10-12 ounces), cut in half, seeded; 2 tablespoons olive oil; 2 onions – peeled and finely chopped; 2 tablespoons fresh parsley – roughly chopped; 100g dried cranberries; 100g toasted hazelnuts – roughly chopped



Topping

3 tablespoons dried cranberries; 3 tablespoons chopped toasted hazelnuts; 2 tablespoons fresh parsley

Method

- 1) Cook the 2 types of rice separately according to the packet instructions. The wild rice will take at least an extra 20 minutes longer than the white rice. Transfer all the rice to large bowl.

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- 2) Preheat oven to 200°C/400°F/ Gas mark 6.
- 3) Line a baking tray with non stick baking parchment paper. Place the squash cut side down onto the baking tray. Bake until tender, about 40 minutes. Cool.
- 4) Heat the olive oil in a large frying pan. Sauté the onions for about 5 minutes or until softened. Set aside.
- 5) Using a spoon, scoop out the pulp from the squash, leaving ½ cm/ 1/4 inch thick shell, reserve the shells. Roughly chop the pulp and transfer to a bowl. Add the cooked onion, chopped parsley, cranberries and hazelnuts and season with salt and freshly ground black pepper.
- 6) Reduce oven temperature to 180 C/ 350 F/ Gas mark 4.
- 7) Divide rice mixture among reserved squash shells. Place in roasting pan lined with baking parchment paper. (Can be made 6 hours ahead. Cover and chill.)
- 8) Bake squash until filling is heated through, about 25 minutes.

To serve the stylish way: Sprinkle with cranberries, hazelnuts and sprigs of parsley

HONEY APPLE CAKE

One of the many traditions at Rosh Hashanah is to dip sliced apples into honey in the hope that the forthcoming year will be filled with sweetness. I decided that I would combine these two favourite ingredients with a delicious cake that is ideal for both tea and dessert. The result



is a cake that is subtly spiced, and mouth-wateringly sweet. I also bake this in a round pan, symbolic of the hoped-for fullness in the New Year. This cake can be served not only on Rosh Hashanah but over the course of the year as well.

I have used Orange blossom honey which is my favourite; this honey has exceptional taste and is great used in tea, spread on breads or biscuits and however you choose to use it; a great all round honey! Orange blossom honey is often a combination of citrus sources, usually light in colour and mild in flavour with a fresh scent and light citrus taste. Orange blossom honey is produced in Florida, Southern California and parts of Texas.

COOKERY CORNER

Preparation Time: 25 minutes
Cooking Time: 1 hour 15 minutes
Serves: 8- 10 people. Will Freeze. Parev

Ingredients

340g/1½ cups Orange Blossom honey; 60ml/¼ cup apple juice; large orange – zest and juice; 3 large eggs; 60ml/¼ cup vegetable oil; 120ml/½ cup strong coffee; 300g/3 cups plain flour; 1 teaspoon bicarbonate of soda; 2 teaspoons baking powder; 2 teaspoons ground cinnamon; 100g/½ cup raisins; 2 apples – peeled and roughly chopped

Method

- 1) Grease and line a 25 cm/10 inch round cake tin with baking parchment paper.
- 2) Pre-heat the oven to 180°C/350°F/Gas mark 4.
- 3) Whisk together the honey, apple juice, zest and juice of 1 orange, vegetable oil, coffee and eggs.
- 4) Place all the dry ingredients; the flour, bicarbonate of soda, baking powder, and cinnamon in a separate bowl and then gradually add to the wet ingredients.
- 5) Stir in the chopped apple and raisins.
- 6) Bake for 1 hour 15 minutes or until set in the centre.

To serve the stylish way: Invert the cake on to a plate and dust with icing sugar.

DRIED FRUIT STRUDEL

Having a ready made fruit strudel is very useful when you have extra guests for breaking the fast. It is perfect with a cup of tea and cuts up easily as part of a buffet. It is made with short crust pastry that is easier to slice as opposed to the classic phyllo pastry which tends to crumble. I have used jam inside the pastry but for a less sweet option, use a fruit puree. This recipe is from my book 'The Jewish Mamas Kitchen'. Straightforward to prepare it makes a little piece of pastry and some dried fruit go a long way. It freezes well or alternatively stores in an air tight container for up to 5 days.



COOKERY CORNER

Preparation Time: 25 minutes plus 30 minutes

Cooking Time: 20 minutes. Makes 40 pieces

Ingredients

For the Pastry

500g self raising flour; 250g butter or margarine; 2 eggs; little cold water

For the Filling

4- 6 tablespoons raspberry or blackcurrant jam; 250g mixed dried fruit; 50g glace cherries – cut in half; 125g chopped walnuts; 2 teaspoons cinnamon; 1 egg, lightly beaten, to glaze pastry

Method

- 1) Put the flour, butter, eggs and a little water into the food processor and whizz together. The pastry should be soft and smooth. Wrap with some cling film, flatten and put in the fridge to relax for 30 minutes.
- 2) Pre-heat the oven to 180°C/350°F/ Gas mark 4.
- 3) Cut the pastry into four pieces. Lightly dust the work surface with some flour. Using one-quarter, roll out thinly into a rectangle.
- 4) Spread a thin layer of jam over the pastry taking it to the edges. Sprinkle a quarter of the dried fruit, nuts and cherries evenly over the pastry. Fold over the pastry sides by 2cm/ 1 inch, and then roll up the pastry like a Swiss roll. Repeat with the remaining pastry and fruit.
- 5) Place on a baking tray lined with baking parchment paper. Make slits into the pastry at 2cm/1 inch intervals. Glaze with beaten egg. Sprinkle the top with cinnamon.
- 6) Bake for 20 minutes or until golden brown and firm to touch.
- 7) Allow to cool.

To serve the stylish way: Cut through the pastry into slices where you made the original slits prior to baking. Place on a serving dish. Dust with some more cinnamon.



HALF PRICE BOOK SALE
Jewish Vegetarian Cooking by Rose Friedman
- First Edition -
£2.50 including P&P

AGAINST CRUELTY TO ANIMALS

AGAINST CRUELTY TO ANIMALS IN THE JEWISH TRADITION

DR YAEL SHEMESH

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In the halachic discussion of whether cruelty to animals is prohibited by the Torah or only by the Rabbis, most early posekim held it to be a commandment *mi-d'oraitha*, Torah law.[1] For the most part substantiation for this point of view is derived from the commandment that appears in this week's reading: "When you see the ass of your enemy lying under its burden and would refrain from raising it, you must nevertheless raise it with him" (Ex. 23:5, and similarly Deut. 22:4)

This article does not purport to be a halachic discussion of animal rights, rather it attempts to present a few of the many sources in our Jewish heritage that reveal a compassionate attitude towards animals, viewing them as creatures to be treated with consideration.[2] Following this investigation of the sources we shall also consider some practical applications in our own daily lives.

A. Compassion and decency towards animals

The reason given in this week's reading for observing the Sabbath is "in order that your ox and your ass may rest, and that your bondman and the stranger may be refreshed" (Ex. 23:12). The Torah acknowledges that animals have needs which must be taken into consideration and respect, and protects their right to a day of rest just as it protects the rights of the bondman and the stranger – the weak and exploited in human society. Sensitivity to the needs of animals can be seen in other scriptural passages as well. For example, "You shall not muzzle an ox while it is threshing" (Deut. 25:4); "You shall not plow with an ox and an ass together" (Deut. 22:10), for "the Lord had compassion on all His creatures, in so far as an ass does not have the strength of an ox" (Ibn Ezra on this verse).

Similarly, limitations and restrictions are placed on the use of animals, the aim of these precepts being to instruct human beings to shun the cruelty that finds expression in the cynical exploitation of animals: "You shall not boil a kid in its mother's milk" (Ex. 23:19; 34:26; Deut. 14:21); "However, no animal from the herd or from the flock shall be slaughtered on the same day with its young" (Lev. 22:28); "If, along the road, you chance upon a bird's nest, ... do not take the mother together with her young. Let the mother go, and take only the young" (Deut. 22:6-7).

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Various sources indicate that animals are to be treated as individuals, their needs being taken into consideration. This is implied by the verse, "A righteous man knows the needs of his beast" (Prov. 12:10), as well as the homily describing Moses and David as devoted shepherds who gave each and every one of their flock personal attention. It was this trait of their personalities that made them worthy in G-d's eyes of leading the Jewish people. The following astonishing story, with its revolutionary message, is told of Rabbi Judah ha-Nasi (otherwise known as "our sacred Rabbi" or simply "Rabbi"): a calf that was being brought to slaughter shoved its head under the corner of Rabbi's garment and began bleating woefully. Rabbi, however, sent him off, saying, "For that you were created." For this act he was punished measure for measure: since he had not had mercy on the calf, it was decreed that he suffer many years of torment. His healing was also measure for measure. Since, many years later, he had mercy on the litter of a rat and did not allow his maidservant to sweep them out of the house, Heaven had mercy on him and his torment disappeared.

The approach revealed by these sources is diametrically opposed to that of the modern food industry, which views animals as no more than a factor of production, like any other input.[6] The attitude towards them is exploitive, with no concern for their welfare. Therefore, for example, animals are overcrowded in order to economize on expenses, or hens' biological clocks are fooled by artificial lighting to make them lay more eggs. Clearly in such a setting one could not expect individual and personal care of animals.

B. Vegetarianism in Judaism

It is generally accepted in Judaism that the first ten generations of mankind were vegetarian and that only after the generation of the flood did G-d allow human beings to eat meat.[7] The gemara says (Sanhedrin 59b): "Rabbi Judah quoted Rav: Eating meat was not permitted to Adam, as it is written, '[All the green grasses]... they shall be yours for food. And to all the animals on land,...' (Gen. 1:29-30), and He did not permit you the living creatures. But when the sons of Noah came, He permitted them, as it is said, 'As with the green grasses, I give you all these' (Gen. 9:3)."

R. Joseph Albo (circa 1380-1444) explains the retroactive permission to eat meat as "an attempt of the Torah to combat the yetzer hara (evil inclination); just as beautiful women were similarly permitted them" (Sefer ha-Ikarim, 3.15). His view on eating meat is expressed in strong words: "Aside from the cruelty, rage and fury in killing animals, and the fact that it teaches human beings the bad trait of shedding blood for naught; eating the flesh even of

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select animals will yet give rise to a mean and insensitive soul" (ibid.).

Similarly Don Isaac Abarbanel (1437-1508) explained in his commentary on Exodus 16:4 why G-d provided the Israelites in the wilderness "bread from heaven" (i.e., manna) and not meat:

The Holy One, blessed be He, said to Moses: Eating meat is not essential to one's nutrition; rather, it is a matter of gluttony, of filling one's belly and of increasing one's lust. Meat also gives rise in human beings to a cruel and evil temperament. Therefore you will find that the animals and birds of prey that eat meat are cruel and evil. But sheep and cattle, hens, turtledoves and doves that sustain themselves on the grass of the field have neither cruelty nor wickedness in them; therefore the Prophet destined that in the future era of Redemption "the lion, like the ox, shall eat straw" (Is. 11:7; 65:25). The reason is explained in the words, "Nothing evil or vile shall be done" (Is. 11:9; 65:25). Therefore the Holy One, blessed be He, did not tell Moses that He would give the Israelites meat, rather bread, which is a fitting food and essential for the human temperament. Hence, "I will rain down bread for you from the sky."

C. Vegetarianism and peace in Rav Kook's vision of the future

Rav Abraham Isaac ha-Cohen Kook (1865-1935), himself a vegetarian, in his writings often addressed the question of the proper attitude one should take towards animals. These passages, appearing in Afikim ba-Negev and Talei Orot, were compiled by Rabbi David Cohen (the Nazir) into a volume entitled Hazon ha-Tzimhonut ve-ha-Shalom me-Behinah Toranit, from which the quotations below are cited.

Rav Kook accepted the view of the Sages (Sanhedrin 59b), that eating meat was forbidden to Adam, and that human beings were only allowed to kill animals and eat their flesh because of the decline in human calibre over the generations (p.49). His views on the moral reprehensibility of eating meat are expressed in no uncertain terms: "It is an overall moral shortcoming of mankind, in that it does not promote good and lofty sentiments, to not take the life of any living creature, to use it for one's own needs and pleasures" (p. 7). Likewise, "It is impossible to imagine that the Lord of all, who takes pity on His creatures, blessed be He, would make such an everlasting law in his very good work of Creation, that mankind would not be able to survive except by violating their sense of morality in shedding blood, even if it be the blood of animals" (p.8).

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In the words, "when ... you have the urge to eat meat" (Deut. 12:20), he finds "an implied rebuke and parenthetical comment. The verse allows eating meat "if your inner sense of morality is not abhorred at eating the flesh of animals, in the same way you are already abhorred at the thought of eating the flesh of human beings" (p. 11). This state of human moral degeneracy is a temporary condition: "For when the time comes when our sense of morality makes eating the flesh of animals disdainful, because of the moral disgust in so doing, then you will no longer have the urge to eat meat, and you will not eat it" (ibid.).

Why, then, did the Torah not forbid us to eat meat? Rav Kook explains that the moral development of humanity must take place gradually. First human beings must solve the problem of hatred and war in their midst, and only afterwards can they reach the high level of morality of treating animals morally and justly: "At the present time, when morality is greatly lacking and the spirit of impurity has not yet passed from the earth, there can be no doubt that such a thing [a blanket prohibition against eating meat] would cause many a mishap. As the animalistic urge to eat meat increases, there would be no distinguishing between human flesh and animal flesh" (p. 14). Thus allowing us to eat meat is a "moral concession" destined to be annulled in the future (p. 18). In the current system of commandments, however, higher moral values trickle down, and they provide the basis for the change in human behaviour towards animals that is destined to occur in the future (p. 23). For example, we are commanded to cover the blood after slaughtering in order to remind us that taking the life of an animal is a morally reprehensible act of which we ought to be ashamed (pp. 23-24).

Rav Kook stresses that in days to come human morality concerning animals will not stem from a sense of mercy or "righteous concession," but will be part of "absolute justice and firmly established law" (p. 22). Moreover, he maintains that in days to come there will be no more animal sacrifice, only offerings from plants.

D. Practical suggestions for helping reduce cruelty to animals

Even those who have no intention of changing their way of life and becoming vegetarian can reduce the suffering they cause animals, without especial effort. For example, one can refrain from eating paté de fois gras or veal, which entails especial cruelty to animals in their production, or one can switch to eating organic eggs or eggs from free range chickens, instead of eggs from industrial egg farms. The trouble entailed is negligible, considering that our moral view of ourselves is partly defined in terms of what we put on our

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plates and into our mouths. Below I explain why one ought to refrain from eating the foods mentioned above.

Eggs from hens in industrial chicken coops

Hens naturally live in small groups, with social stratification in which each individual knows its place and identifies the others in its group. They enjoy taking sand baths, running about the yard and flying around. They lay their eggs in privacy, in nests which they build. None of this, of course, exists in commercial chicken coops, where hens are packed, row upon row, into overcrowded coops (battery hens). The area allotted to each hen is no larger than the hen herself. They cannot move around, let alone spread their wings. The wire netting on which they stand often wounds and distorts their feet. Laying eggs in industrial chicken coops, without an ounce of privacy, has been described by the zoologist Conrad Lorenz as the most cruel form of torture for a hen. Overcrowding and tension cause hens to pick at their own feathers of those of other hens with them in the coop. To prevent this, their beaks are often snipped while they are still chicks. This procedure is done with a guillotine-like instrument with blades heated red hot. Since chicks have nerve endings in the tissue of their beaks, this procedure causes them prolonged and intense pain.

What can we do? Even those of us who have no intention of refraining from eating eggs can switch to buying eggs produced by hens grown in relative freedom. Such eggs are often labelled "free range" or "organic." Free range eggs are preferable because the Society for Farm Animals supervises the conditions under which the hens are raised. It is important to know that eggs labelled "fresh farm eggs" are not organic eggs, rather eggs from commercial chicken coops. Likewise, one should not be misled by the deceptive pictures of happy, free-roaming hens printed on certain egg cartons, even though the eggs they contain were actually laid by battery hens. Eating eggs laid by free range hens is not only preferable morally but also better for one's health.

Paté de Foie Gras

The process for making paté de foie gras is especially cruel. Geese are held in tight cages where they cannot move around and expend energy, so that all the food forced into their bodies will go to fattening them. The geese are force-fed through a tube that is used to insert vast quantities of food. Geese that are fattened for the express purpose of enlarging their livers (up to ten times the normal weight) suffer severe health problems, including tears in the oesophagus (resulting from insertion of the tube), severe breathing difficulties, swelling of the liver, and internal bleeding. The enlarged, diseased liver presses on other internal organs. A handbook put out by the Ministry of

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Agriculture says such geese “breathe heavily, have pale beaks, have difficulty walking even to the drinking trough, and are no longer able to digest food” (force-feeding geese, 1970). Approximately 12% of these geese die in the course of force-feeding. The product obtained at the end of this cruel process of force-feeding is a diseased liver, rich in poisons and cholesterol, derived from a tortured dying goose. Because of the cruelty in the process it has been outlawed in the United States, England, Sweden and other countries.

What can we do? **Very simply, boycott this product, which causes so much suffering to geese. In addition, when we wish to make reservations at a restaurant we can check if Paté de Foie Gras is served there, and decide on these grounds whether or not to give them our business. This would be an effective measure if we were to inform the restaurant owners (or workers) of the reason for our decision whether or not to eat there.**

Veal

Veal comes from calves that have been torn away from their mothers close to birth and have been intentionally raised in a way that makes them ill. In order to make their flesh tender and pale, they are fed solely on a liquid diet of milk substitute, without any iron or fibre, causing the calves to be anaemic. The calves are kept in tight, dark, wooden stalls, where they have not enough room to turn around. All they can do is stand or lie down. The purpose of such minimally sized stalls is to prevent the calves from using their muscles, thus producing more tender meat and preventing what for the growers would be an unnecessary waste of calories. There is no straw lining the floors of their stalls. This is to prevent the calves from munching it and thus obtaining iron in their diet – a nutrient essential to their health but detrimental to the flavour of the meat they produce. The calves’ stalls are so tight that in their last days they can hardly stand comfortably. The calf’s life of misery comes to an end at the age of about four months, when the calves are brought to slaughter.

What can we do? **Simply refrain from consuming unhealthy meat, which can be produced only at the cost of severe suffering to young calves.**

Conclusion

The most fitting way of concluding this article is with a marvellous quote from Psalms: “The Lord is good to all, and His mercy is upon all His works” (Ps. 145:9); and with the fine words of the Midrash, with the demand it places on each and every one of us: “The Omnipresent is called merciful, therefore

AGAINST CRUELTY TO ANIMALS

you, too, should be merciful; the Holy One, blessed be He, shows kindness; therefore you, too, should be kind" (Sifre on Deuteronomy, 45, s.v. "la-lekhet be-khol derakhav").

Inquiries and comments to: Dr Isaac Gottlieb, Department of Bible, gottlii@mail.biu.ac.il

HEALTH COLUMN

A MEDICAL PERSPECTIVE ON JEWISH DIET

By J. B. Lavine. M.D.

When Ashkenazi Jews, those of central and eastern European origin, emigrated to the United States, they brought more than their religious heritage with them. They brought schmaltz (rendered chicken fat), kishka (stuffed beef casing) and corned beef. Instead of suffering from pogroms, they began suffering from heart attacks, diabetes, cancer and kidney stones. Perhaps the average Jewish diet should be considered one of the enemies of the Jewish people.

Most people realize that the cholesterol and saturated fat in animal products can lead to heart attacks. The cause of heart attacks, atherosclerosis (hardening of the arteries), is preventable and even reversible by lifestyle change incorporating a low-fat vegetarian diet.

Cancer of the colon and rectum is the number one cause of death due to cancer in non-smokers. Ashkenazi Jews have one of the highest rates of this cancer of any group in the world. This proclivity is felt to stem more from diet than from genetics. A meat-rich diet has been linked with colon cancer in many studies, whereas a fiber-rich diet plant-based diet helps prevent it. In regions of the world where people follow the latter type of diet, colon cancer is rarely seen. When they adopt "Westernized" modes of eating, however, the incidence rises dramatically.

Jews also have a higher than expected rate of non-Hodgkin's lymphoma,

HEALTH COLUMN

another of the major cancer killers. Meat and milk consumption has been linked with the disease in a number of studies. Workers in the meat industry have also shown increased risk. Leukemia and other viruses in cows, chickens and other animals may play a role.

Two other cancers, pancreatic and ovarian, may be more common in Jews, and associations with animal product consumption have been made here as well.

But aren't dairy products and fish healthy, as the media frequently suggest? As mentioned, some studies have associated dairy products with ovarian cancer and lymphoma, to which we can add prostate cancer. Most people already know about milk fat. But dairy products also appear to raise insulin levels in the body, which may increase the risk of diabetes and which may be an independent risk factor for heart disease as well. The healthiest sources of calcium are many dark, leafy green vegetables, rich in all the important minerals and in health-promoting phytochemicals.

Claims that fish would benefit vegetarians by lowering cholesterol levels, blood pressure, etc., have not stood up to scrutiny. Contamination of fish by environmental toxins, which could increase the risk of cancer, heart disease and other chronic ailments, is well known. And diets rich in animals flesh protein may promote loss of calcium from the body or retention in the form of kidney stones. A total vegetarian diet remains the ideal.

Chicken soup is now Jewish medicine!! Prevention is. Jews are commanded to preserve their health and to avoid anything harmful to health. Since nutrition is the main determinant of health and the heart of preventive medicine, becoming a vegetarian is the best way to fulfill these mandates.

With all the often preventable diseases mentioned above lurking around the corner, the only questions should be "If not now, when?" Choose life, so that you and your offspring may live.



PETITION

**Should you agree that all caterers ought to be meeting the needs of their veggie and vegan customers please access the petition in the following website:
<http://petitions.pm.gov.uk/VegFriendly/>**

EDWARD JENNER

EDWARD JENNER

The disease smallpox had been a scourge and a killer in Britain for centuries. Rich and poor, royal and commoner alike were susceptible to this fearful illness which would often leave victims seriously disfigured if it did not kill them altogether. Elizabeth I recovered from an attack of smallpox in 1562, but carried the scars from it on her face for the rest of her life. Mary II died of the disease in 1694.



In 1796 the physician Edward Jenner became one of the great benefactors of mankind when he discovered a way to prevent smallpox

Cowpox

It was not until after 1796 that a defence against smallpox was developed by Edward Jenner, a Gloucestershire physician who demonstrated that inoculation with the virus of cowpox, a milder form of smallpox, could prevent humans from contracting the killer disease. Cowpox as an anti-smallpox agent had long been known among countryside and farming communities and was regularly contracted by milkmaids. Jenner's tutor in medicine, John Hunter, noted that milkmaids rarely, if ever, developed smallpox. It was a short step from there for Jenner to devise a method of deliberately infecting patients with cowpox.

Together with cholera, smallpox was a common disease among children and Jenner chose an eight-year-old boy named James Phipps as his first patient. On 14th May 1796, Jenner inoculated James with fluid containing a virus taken from lesions on the finger of a young dairy maid who had recently suffered an attack of cowpox. Within hours, James developed the slight fever and lesions characteristic of cowpox.

Seven weeks later, on 1st July, Jenner inoculated James again, this time with the small pox virus. Psychologically, it was a great risk, considering the lack of popular knowledge about medicine at the time and the prevalence of all manner of superstitions on the subject. Jenner's experiment, however, was a brilliant success: James failed to develop smallpox.

Resistance

Although Jenner had proved his point, the medical profession at first resisted

EDWARD JENNER

this new method of disease prevention. In 1797 Jenner wrote a paper for the Royal Society, describing the experiment and its results, but the Society's committee refused to accept it. The following year Jenner tried again, this time with a book entitled *An Inquiry into the Causes and Effects of the Variolæ Vaccinæ, a Disease Known by the Name of Cow Pox*, in which he described more cases of vaccination and their results. This was not as well received as Jenner had hoped, but he was determined to continue his work. He went to London to seek out volunteers who would agree to be vaccinated. Although he remained in the capital for three months, few people came forward to take part in his experiments. In addition, other physicians obstructed Jenner in any way they could.



Les Heros Du Travail

Statue of Edward Jenner (Mansell Collection) depicting Jenner transferring pus from someone infected with cowpox into scratches in the skin of a young boy.

This was due in part to jealousy, and in part to the fact that the principles of vaccination were not yet fully understood: it was evident that Jenner's method worked, but the medical reasons for its success were not yet apparent. There was also the difficulty in obtaining sufficient cowpox vaccine and the problems of inexperienced physicians who were slow in developing the technique of vaccination.

Vaccination Worldwide

Ultimately, though, none of this prevented the spread of vaccination as a smallpox preventative. European and American physicians took it up and, from there, it spread around the world, accompanied by a dramatic drop in smallpox deaths. Jenner became famous, but he did not become rich. He had, in fact, made no attempt to profit from his great discovery and had neglected his own local practice in Gloucestershire while vigorously campaigning to make vaccination better known and understood.

Jenner wrote several publications on the subject and established an institute for the supply of cowpox vaccine. In 1802 he obtained a grant of £10,000 and another of £20,000 in 1806, in order to promote the spread of vaccination.

Despite his initial difficulties, Jenner's campaign was a great success. In 1853, 30 years after his death, vaccination was made compulsory in England

EDWARD JENNER

and before long, the disease that had been dreaded for centuries became virtually extinct.

Smallpox was a common cause of death until Edward Jenner began experimenting with vaccinations (right) in 1796. Infecting his patients with a small amount of the milder cowpox virus seemed to render them immune to smallpox.

Although Jenner formally proved the efficacy of vaccination in the late 1790s, it took several years for his discovery to be taken seriously by the medical profession. Although Jenner became famous, he made little or no profit from the enterprise.

ORGANIC FRUITS & VEGGIES

PROOF AT LAST THAT ORGANIC FRUITS AND VEGGIES CAN BE BETTER FOR YOU.

Evidence that organic crops contain higher levels of important nutrients has been published by scientists. They state that analysis of organic tomatoes, apples and peaches, revealed greater concentrations of vitamin C, polyphenols, beta-carotene and flavonoids. The nutrients are said to protect the body against heart attacks and cancer-causing chemicals.

The studies from Britain, France and Poland follow US research – published in the Daily Mail – that suggests that organic kiwi fruit has higher levels of nutrients than conventional crops grown in the same conditions. The latest research challenges Government scepticism about the health benefits of organic food. The Food Standards Agency has long held a sceptical line, whilst the Advertising Standards Authority has banned organic producers from making health claims.

The latest studies were part of a European Union research programme led by the University of Newcastle and involving academics from across Europe. Researchers at Warsaw Agriculture University found that organic tomatoes contained more vitamin C, beta-carotene and flavonoids than conventional ones. They were however, lower in lycopene, which is another beneficial nutrient.

ORGANIC FRUITS & VEGGIES

The same team found that organic apple purée contained more phenols, flavonoids and vitamin C than conventional versions. Apple purée is a popular food choice for babies. Peter Melchet, of the Soil Association, welcomed the research, saying, "It is very encouraging when science catches up with commonsense. These studies show that as more science is conducted, more evidence emerges showing beneficial nutritional differences associated with organic food".

Debate has raged as to whether organic food, which is produced with fewer chemicals, is any healthier or tastier than conventional produce. The French part of the study looked at organic peaches and backed up both claims. It found that they had a higher polyphenol content at harvest, and concluded that organic production had "positive effects on nutritional quality and taste".

The results of the research were presented at a food and farming conference held at the University of Hohenheim in Germany in March 2007. Advocates of organic food are eager to demonstrate its healthy benefits. They thought they had done so when British university research showed that organic milk contained higher levels of short-chain omega-3 fatty acids which are considered helpful to young brains.

In September 2006, however, the Food Standards Agency refused to issue official guidance highlighting these benefits. The watchdog said that whilst it accepted that higher levels might exist, they were of less value than long-chain fatty acids. Industry figures show that sales of organic food increased by 30 per cent in 2006 to £1.6billion.



The League Against Cruel Sports wants to bring an end to the extreme suffering that snares cause to animals.

To help us highlight the problem in the media, we are looking for cases of animals who have been injured by a snare.

If your pet has been caught in a snare or if you know of an animal that has been harmed by these horrific devices, and you want to help us campaign for a ban on all snares, please contact:

**Una Farrell at the League Against Cruel Sports on 020 7089 5210
or at OonaghFarrell@league.org.uk**

GARDENERS' CORNER

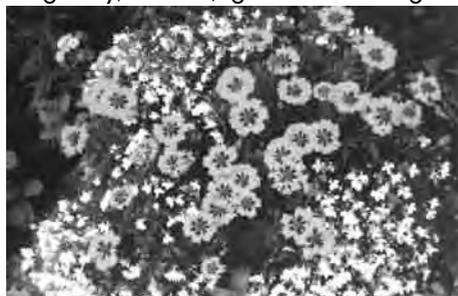
GARDENERS' CORNER – AUTUMN 2007.

Nature can be unpredictable. Last year we were battling with months of drought and the inevitable hose pipe bans and how we could keep the garden growing and green with scarce supplies of water. The experts predicted that climate change had occurred and that we should be growing Mediterranean plants and those suited to dry conditions such as geraniums, instead of fuschias, by way of example.



Well, this year there is no shortage of water, quite the opposite, with literally inches of rain deluging down in single days and the wettest summer since records began in the seventeen hundreds.

Tragically, homes, gardens and agricultural crops have all been flooded with the resultant misery this has brought. These conditions are exceptional and go to show that we cannot assume what our weather will bring from season to season and we must accommodate to conditions as much as we can.



In our garden this year it has meant some exceptional growing

conditions with some fine flowers and vegetables that have enjoyed unchecked growth and flowering. Sweet peas which were started in March in pots and planted into the ground in May are now 7 foot tall and covered in blossom. We tie ours to canes to make a wall of colour and the more you cut the flowers the more you get. Our bedding and herbaceous plants are a picture and our roses bloomed profusely in the first flush in June and are now making fresh buds to regale us again in the Autumn months.



GARDENERS' CORNER

Vegetables have grown apace, with excellent yields of potatoes, peas, turnips, calebreze and cabbage.

There has been a problem throughout the countryside with potatoes and tomatoes being susceptible to blight which is a fungus, borne by spores in the air.

The very wet and humid conditions have caused this to happen and spraying with a fungicide has been effective up to this time.



There are lessons to be learned from this year's weather. Firstly, we can improve the drainage in our gardens by following the practices of good gardeners down the ages who cut trenches across their plots and at a depth of about 24 inches laid clay pipes end to end to run off the water as much as possible. This helps enormously.



Keeping the soil in good heart by adding and incorporating organic material such as garden made compost both improves drainage and enables the soil to take up more water and make it available to the plants.

We learn too that it is better to work with nature than oppose it to continue to maintain our wonderful and varied ecosystem.

We learn too that it is better to work with nature than oppose it to continue to maintain our wonderful and varied ecosystem.



IMPORTANT - AMERICAN & CANADIAN MEMBERS

Please note that in future all correspondence, as well as subscriptions for annual renewals, new memberships, donation, etc., should be sent direct to Headquarters here in London, and not to Federalsburg, MD. as previously.

TRAVEL

'POSH NOSH' FOR VEGANS AND VEGETARIANS

A new breed of fine-dining vegan restaurants are opening up all over the world – the latest is 'Sublime' in Florida. At 'Sublime', cascading waterfalls trickle from three metre windows in a low-lit dining room filled with live palm trees and customers sample \$19 'caviar' made of seaweed. 100% of 'Sublime's' profits support animal welfare.

Once a network of grungy, obscure cafés, the vegetarian and vegan experience in some cities has blossomed on a par with its carnivorous counterparts, complete with ratings and celebrity clientele. There are between 1,000 and 1,200 (possibly more) vegetarian restaurants in the US, almost double the number seven years ago, according to Dennis Bayomi, President of VegDining.com

NEW 'VEGETARIAN & VEGAN GUIDE' TO BRISTOL & BATH SHOWCASES THE WEST AS ONE OF THE BEST FOR VEGGIES

An indispensable guide for veggie visitors to the West Country – the 'Vegetarian & Vegan Guide to Bristol & Bath' – has been launched by leading vegetarian campaigns group Viva!

Featuring over 300 veggie-friendly places to eat, stay and shop in Bristol and Bath – as well as Bradford-on-Avon, Clevedon, Weston-Super-Mare and the surrounding area – the new Guide demonstrates what a fantastic place the West is for vegetarians, vegans and people who love healthy, tasty food and who want to support natural, green and ethical products. From bistros to B&Bs, smoothie bars to sandwich shops, hotels to health foods and cafes to cruelty-free cosmetics, the Guide has something for everyone.

Perfectly sized for your handbag or back pocket, the **Vegetarian & Vegan Guide to Bristol & Bath** is jam-packed with useful info. There are dedicated sections for each area, with tourist information centres and detailed listings provided for each entry. Full contact details are given, together with opening times, veggie ratings and average costs, as well as an easy-to-follow key to services from availability of soya milk and fair-trade items to methods of payment and even whether dogs are allowed. There's also a quick guide to the most veggie-friendly places and a guide to veggie booze.

Angie Greenaway, Editor of the Guide, says: "With 'meat reducers' and the number of vegetarians and vegans at an all-time high, people expect to see a good veggie choice and we're thrilled that Bristol and Bath have more than

TRAVEL

risen to the challenge and shown that the West is best!

You can pick up your copy of the Guide from **Viva!** for just £2.99 + 65p P&P. To order send a cheque/PO to: **Viva!**, 8 York Court, Wilder Street, Bristol BS2 8QH; call 0117 944 1000 (Mon-Fri 9am-6pm); or buy online at <http://www.viva.org.uk/shop/bookstravel.htm>.

BOOK REVIEWS

THE GATE EASY VEGETARIAN COOKBOOK

BY ADRIAN AND MICHAEL DANIEL.



“Food should be about pleasure and indulging the senses rather than just sustenance for the body” Adrian and Michael Daniel.

The Gate is one of the world’s most celebrated vegetarian restaurants, with its unique brand of vegetarian food, which combines flavours from all over the world to create dishes that look and taste fantastic. Founded on the fundamental belief that although vegetarians don’t eat meat, neither do they desire a diet of indigestible wholefoods, brothers Adrian and Michael Daniel have made it their mission to create full flavoured, exciting vegetarian food. Adrian’s approach to cooking is an eclectic one – drawing on a wide range of ethnic cuisines, selecting the best combinations and creating dishes that have earned him a reputation as one of London’s finest vegetarian chefs.

For vegetarians wanting to expand their choice of meals or meat eaters aiming to lower their meat intake, without compromising flavour and texture, **The Gate Easy Vegetarian Cookbook** offers a sophisticated and refreshing approach combining world cuisines to produce easy dishes with great depth of flavour. In fact there are recipes for every occasion from quick after work food and snacks to dinner parties and brunches, as well as quick ideas for soups and pastas. Illustrated with beautiful photographs by Richard Jung this would make an ideal gift and grace any shelf in the kitchen.

The Gate Easy Vegetarian Cookbook is published by Mitchell Beazley. Hardback. Price £20. 00. plus P&P £3.00. Available from JVS.

BOOK REVIEWS

THE SAFETY OF SOYA

Over the last few years we have heard how soya is a very good source of nutrient and can protect against heart disease, certain cancers and may reduce the risk of osteoporosis and menopausal symptoms – it might even help boost brain power. However, not all the reports on soya are favourable and the health benefits have been questioned by some while others have gone even further, launching a vigorous anti-soya crusade. The result is confusion – people do not know what to believe.

The Vegetarian & Vegan Foundation (VVF) looked at the research in its entirety and have produced an 8 page fact sheet entitled **The Safety of Soya** which covers the wealth of health benefits and discusses the supposed risk of the humble soya bean.

Reviewing the latest science on soya, it is essential reading for vegetarians, vegans and meat-eaters alike.

The Safety of Soya is available direct from The Vegetarian & Vegan Foundation 8 York Court, Wilder Street. Bristol BS2 8QH Tel: 0117 970 5190 9am-6pm. Price 40p incl. P&P. For further information contact Dr. Justine Butler at the VVF at the above address or Email info@vegetarian.org.uk or visit their website at www.vegetarian.org.uk

COOKIES!

BY PIPPA CUTHBERT & LINDSAY CAMERON WILSON.

Whether it is a ginger nut to 'dunk' in your tea, a biscotti to accompany your coffee or a double choc-chip to satisfy your chocolate cravings, cookies are the perfect treat.

Cookies contains over 80 recipes, there is a cookie to suit every taste and occasion. From no-cook biscuits to more intricate creations, the book includes celebration cookies from around the world, such as Anzac biscuits, fortune cookies plus family favourites handed down by the authors' mums.

There is the perfect chapter for anyone who believes that chocolate is its own food-group, including chocolate truffle cookies, as well as the secret to a good chocolate chip cookie.

From peanut brownie cookies to classic shortbread, jelly fingers to crystallized ginger lace cookies, this fabulous new cookbook is all about indulgence, ingredients and ideas, but most of all, it is about having fun in the kitchen

BOOK REVIEWS

and creating exciting flavours that you will want to try again and again.

Published by New Holland Publishers. Paperback. Price £9. 99. Plus P&P £1. 50. Available from JVS

VEGETARIAN-FRIENDLY BOOK FOR CHILDREN PUBLISHED IN ISRAEL

Prof. Schwartz: I think that this book can be very valuable in getting a positive message to young children, a message that might last with them for much if not all of their lives.

"Who Invented Vegetables?" is a Hebrew children's book, written for 2-6 year olds, with illustrations by Danny Kerman, one of Israel's top children's book illustrators. Written in Hebrew and written about vegetables, it seems to have the core components to be of interest to Jewish Vegetarian organizations, worldwide! You can see the first half of the book online at: www.magicpenandpaper.com/eng/index_files/VegetablesP5.htm

By connecting the subject of the book, **"vegetables"**, with the festival of **Shavuot**, here in Israel, nearly 10,000 copies were pre-sold before the book was even printed, which, pro-rata to relative population sizes, would equate to about 500,000 books in the USA.

In addition to the book being available in "traditional" Israeli book stores, **"Who Invented Vegetables?"** is also on special offer at 150 branches of Supersol, Israel's largest retail chain, specifically as a result of the strong connection between the subject of the book, vegetables, and the festival of Shavuot. What's interesting is also how **"Who Invented Vegetables?"** is being sold. It's unconventionally located inside the vegetable department, actually next to the vegetables on sale. You can see a photograph of how the book is being promoted in this creative manner online. The book is being used to help sell vegetables, with the sign in the photo saying the equivalent of "spend \$7.50 on vegetables, and purchase **"Who Invented Vegetables?"** for just \$1.75 instead of \$12".

The Shavuot/vegetables connection has also been embraced by the Israeli agriculture industry, with one of Israel's leading growers and exporters of vegetables purchasing 1,000 books in order to give them to the children of their customers and staff, as presents for Shavuot.

A little bit about the author...

BOOK REVIEWS

Originally from England, Stuart moved to Israel with his (Israeli) wife and children nearly 10 years ago. You can read his bio in the "About the author" section of the website, and also find a number of interesting articles on him via a Google search, especially due to his strong relationship with the Kellogg School of Management at Northwestern, Chicago.

"Writing children's books is about getting great feedback from both the children, and the parents of children, who have read my books. Feedback to date has been both warming and encouraging, and has come from many directions. For example, only 2 weeks ago, I met the PR Manager of a prestigious Eilat hotel. She told me that the morning after reading the story, her 6 year old daughter asked her to go to the supermarket to buy carrots! A true first for both mother and daughter! It's exciting to think I can in some small way help children to eat better, and healthier, thereby helping parents to win a battle many have been fighting for an extended period of time. And if I can entertain them at the same time ... well, what more could I ask for!"

What's surprising is how the publishing of his first book has already affected his career.

"Many authors write because they can, and leave it to their publishers to market their books, firstly, because that's the way the industry has traditionally worked, and secondly, because only the minority of authors have the marketing experience to self promote their books. I came from a different direction, with over 20 years marketing experience. I read an HBS report that stated that only 2% of books in major US book stores sell 10 copies or more in a year. Even worse, 84% sell 2 copies or less. So I decided to use creative marketing to find ways to sell books other than via traditional book stores.

"From a humble intention to publish Hebrew children's books for the Israeli market, (the second book in the series will be available during June), I've unintentionally created a crossroads in my career.

"Interest and input from Jewish communities and Jewish Community Centers in the **USA**, including from the Jewish Early Childhood Education environment, has been very encouraging. They told me that they like the book for 3 reasons. Firstly, it helps the children to learn Hebrew. Secondly, the first and future books have a lot of content that can be associated with Jewish festivals. Finally, they really liked the concept of each book creating a world without a basic component of life, and then creating it by magic. They really believed that it would help children appreciate core components of life that would otherwise have been taken for granted.

BOOK REVIEWS

"Within just weeks of publishing "Who Invented Vegetables?", I find myself discussing and participating in, both locally and with colleagues in the USA, book signing events, articles, workshops and more. And then I understood. **The story is about books, but it's about far more than books.** It's also about **hope**. Hope because when an immigrant from England publishes a series of books, in Hebrew, in Israel, it's a statement to Jews around the world who might be considering making Aliyah to this complex country, that there is a way to find your place in Israel. "

Note too that because "Who Invented Vegetables?" is also being used to help both adults and children with their Hebrew, an **English page-by-page translation** (text only), will be emailed to all purchasers, together with order confirmation.

"I'd be delighted to receive suggestions from readers for new book titles, and as importantly, stories behind such titles. In fact, the website has a monthly competition to encourage such creativity. The idea is to stimulate thought regarding what the story would be. So, for example, "Who Invented Vegetables?" is about the parent's and children's frustration of not being able to have what they want as they know it's healthy and tasty, and how in the end they get what they've longed for. "Who Invented Colors?" is about the miserable world of black, white and grey, and how and why it improves after 1 then 2, then all colors are invented."

Prof. Schwartz: Suggestions re how to help use this interesting book for children to help promote vegetarianism and/or about any of the material above would be very welcome. Thanks.

Stuart may be contacted at stuart@magicpenandpaper.com

HELP!!!

We are in desperate need of someone to 'man' the office one day a week (day to be arranged) preferably the same day each week, on a voluntary basis.

Computer skills would be an asset.

Please contact the office on 020 8455 0692 between 10.00am – 4.00pm.

VERY BERRY ANTIOXIDANTS

VERY BERRY PROTECTIVE ANTIOXIDANTS

By Roger French

The following article appeared in the Winter 2006 Issue of the Australian 'New Vegetarian and Natural Health' magazine and we thought it would be of interest to our readers.

Antioxidant awareness has grown rapidly in the last 12 months. In response the promoters of fruits and vegetables have recently been emphasising the value of the antioxidants in these foods in their marketing.

Similarly, interest in dark red/blue/purple fruits and berries is increasing rapidly as consumers become aware of their exceptional antioxidant properties. Sales of berries have increased by 30% in the last 12 months.

A particular reflection of this interest is rapidly increasing purchases of blueberries which are very rich in the antioxidants for which the dark red/blue/purple fruits and vegetables are attaining popularity.

Although the berries are summer fruits and are out of season for much of the year, they are now available as frozen berries. Because freezing successfully preserves most nutrients with minimal damage, these foods can be consumed to advantage throughout the year, although it is advised against consuming the same food every day of the year.

The feature antioxidants in these foods are a group covered by the mind-boggling names, anthocyanins and proanthocyanidins. The main foods containing these are blueberries, bilberries, dark cherries, black grapes, blackcurrants, cranberries, blackberries, mulberries, prunes, red apples, beetroot, egg plant, red cabbage, radish and other fruit and vegetables with these colours. Small amounts also occur in some nuts, seeds, flowers and bark that exhibit these colours.

The range of beneficial effects of these nutrients is astonishing. Oligomeric proanthocyanidins (OPCs) are powerful antioxidants with a broad spectrum of therapeutic activities, especially against free radicals and oxidative stress. Free radicals are implicated in Alzheimer's and Parkinson's diseases, arthritis, premature ageing, heart disease, stroke and cancers.

A major part of the protective mechanism of these nutrients is that, being antioxidants, they inhibit the dangerous oxidation of fat and cholesterol in the body, dilate blood vessels and reduce clotting. They also make capillaries stronger and less permeable, are anti-inflammatory, anti-bacterial, anti-viral

VERY BERRY ANTIOXIDANTS

and anti-allergic. A 2004 study found that they have significant anti-diabetes effects.

Bilberries, which are the same genus as blueberries, were found in 2003 to effectively inhibit the growth of leukaemia cells and to a lesser degree colon cancer cells. Of ten edible berries tested, bilberry was the most effective in causing cancer cells to die, had the greatest free-radical scavenging activity and contained the largest amount of proanthocyanidins and anthocyanins.

Even in red wine, these nutrients are largely intact and still provide their benefits. Regular consumption of red wine, rather than other forms of alcohol, is considered to be one of the reasons why French and other Mediterranean people have low levels of heart disease and stroke.

Could these antioxidants be toxic at high levels? No adverse effects have been found, even at extremely high levels of intake. This is indeed fortunate.

How much of these foods do we need to consume to gain a useful degree of their marvellous benefits? Nutrition researchers appear to be nowhere near sorting this out yet, Michael Murray states in his book **'The Healing Power of Herbs'** that "An intake of total flavonoids, greater than 30mg significantly reduces the risk of cardiovascular mortality."

People who consume red apples and red wine probably have a significant intake of these antioxidants. However, there is no doubt that deliberately increasing the intake of the dark red/blue/purple fruits and vegetables, especially the rich berries, would significantly increase our protection against the serious degenerative illnesses mentioned above.

As stated at the beginning, the fact that frozen berries are now available means that we can have the benefits of these foods throughout the year.

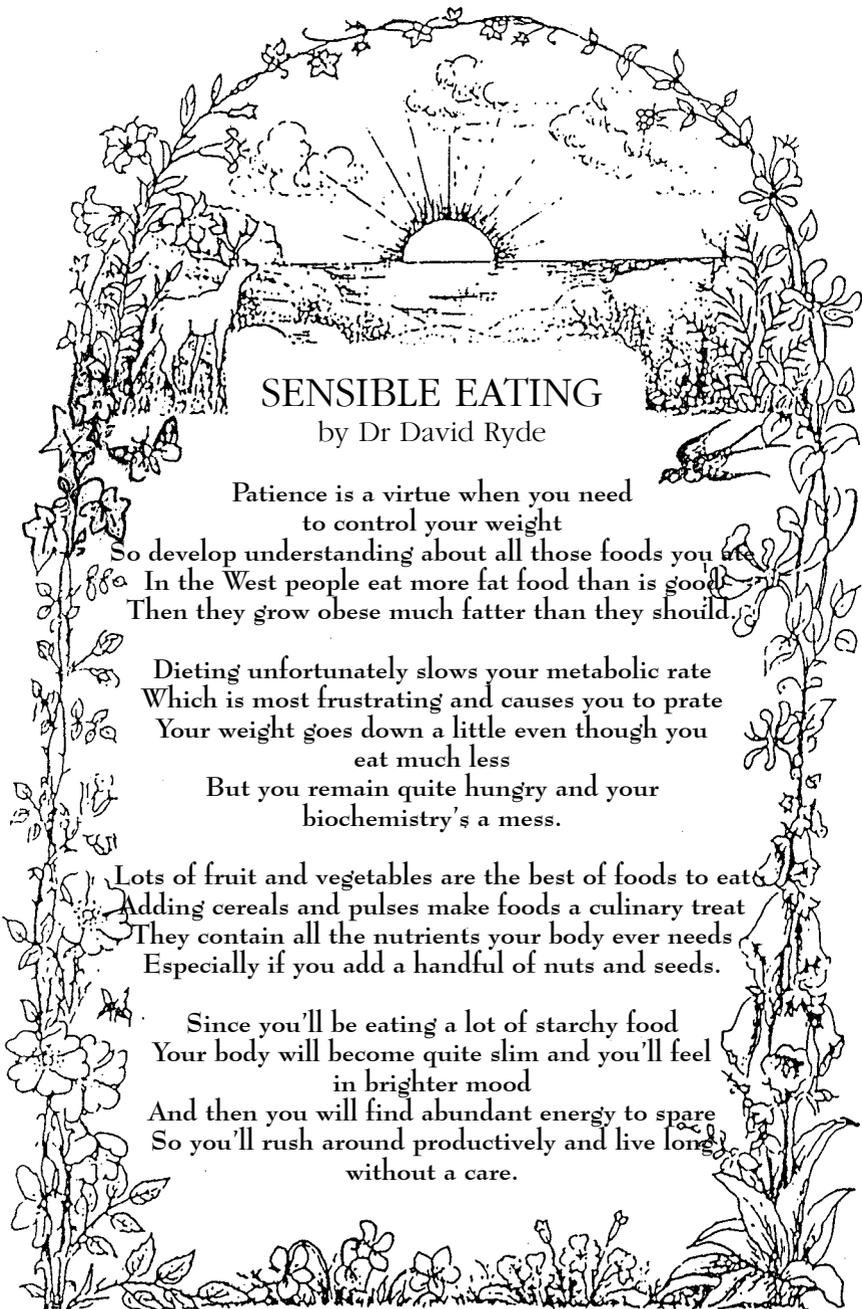


This is the Universal Symbol for Vegetarianism.

It carries the message of peace and compassion wherever it is seen. Use it on your stationery, car, window or manufactured goods. Stickers and rubber stamps available – Stamp everything!

Send for circular (s.a.e. please) to Universal Symbol Committee
855 Finchley Road, London NW11 8LX, England. **Tel: 020 8455 0692**

POEM



SENSIBLE EATING

by Dr David Ryde

Patience is a virtue when you need
to control your weight
So develop understanding about all those foods you eat
In the West people eat more fat food than is good
Then they grow obese much fatter than they should.

Dieting unfortunately slows your metabolic rate
Which is most frustrating and causes you to prate
Your weight goes down a little even though you
eat much less
But you remain quite hungry and your
biochemistry's a mess.

Lots of fruit and vegetables are the best of foods to eat
Adding cereals and pulses make foods a culinary treat
They contain all the nutrients your body ever needs
Especially if you add a handful of nuts and seeds.

Since you'll be eating a lot of starchy food
Your body will become quite slim and you'll feel
in brighter mood
And then you will find abundant energy to spare
So you'll rush around productively and live long
without a care.

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DISPLAY ADVERTISEMENTS

LIFE MEMBERS

Life Members are the pillars of the Society. Their support enables our work for vegetarianism to expand and plans for the future to be implemented.

UK Life Membership
£175

Israel Life Membership
\$275

American Life Membership
\$275

or 5 annual payments of
£40 (\$60)

PROMOTING VEGETARIANISM IN THE JEWISH COMMUNITY

The Jewish Vegetarians of North America (JVNA) have produced a leaflet that should be a very positive tool for promoting vegetarianism in the Jewish community. Noam Mohr, a Jewish vegetarian activist has done an excellent job in producing the leaflet. Please go to www.JewishVeg.com/jewishvegleaflet3.pdf and take a look at the leaflet. Please consider printing a copy and running off some to distribute. This is a great way to create far more interest in Jewish teachings on vegetarianism.

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Offers midweek breaks throughout the year Mon-Fri from £160 to £220
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- Delicious vegetarian food
- Warm, peaceful welcome
- Emphasis on spirituality not religion
- Convenient for Surrey/Sussex and Kent countryside

We also run weekend & midweek courses on various subjects including:
Creative writing, yoga, circle dancing, poetry, Chinese brush painting...

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or email: welcome@claridgehouse.quaker.eu.org
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